PARANORMAL UNDERGROUND®

Volume 15, Issue 3

March 2022

SHARON DAY

Investigator & Psychic Medium

UFO INCIDENT AT EXETER

Haunted Bass Lake Road

Vampires of Greece

The Haunted House on Oak Avenue

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- The Curious Case of Ryan Hammons' Past-Life Memories
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- 'Scream: The True Story' — Documentary Hits Discovery+

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Willie has appeared on A&E's *Cursed: The Bell Witch* and CMTs *Most Shocking Ghosts*. He also hosted a public access show in Louisville, Kentucky, for 12 years, called *Spiritual Gifts and Wonders*. In addition, he created a group of sensitives, called Soul Warriors, who are based across the U.S.

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A native of Chicago, Illinois, Rick has had an interest in anomalous phenomena since having a positive encounter with an apparition at an early age.

He is the deputy editor of Mysterious Phenomenon for *Spooky Isles* and is the author of *The Geek's Guide to the Strange and Unusual: Poltergeists, Ghosts & Demons* and *Behold! Shocking True Tales of Terror ... And Some Other Spooky Stuff*. Rick also appeared in *Ghost Tapes 2* and several episodes of *Ghost Tapes The Series* found on YouTube.com.

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paranormalunderground.net

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Morgan is a graduate from the University of North Carolina in Greensboro where she obtained a bachelor's degree in English. She loves to write and maintains a healthy fascination with all things paranormal thanks to experiences with the unexplained that she has experienced throughout her life.

Morgan knows a little bit about a lot of paranormal topics from research she has conducted. She pledges to keep you up to date about things that go bump in the night via *Paranormal Underground's* monthly news column.

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Paul is a journalist for the *Costa Rican Times*, and his articles cover metaphysical topics and paranormal investigative stories. He is co-owner of Halo Paranormal Investigations.

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Maria Anna is an investigative journalist, columnist, author, and theoretical physicist with a master's degree in ancient alchemy and bachelor's degree in metaphysics. Her interests include mythology, medieval and pre-Egyptian symbolism, and quantum, optical, particle, and astroparticle physics, among others.

As the founder and publisher of *The Next Truth* and *Young People Science* magazines, Maria Anna profiles open-minded scientists and non-scientists who combine accepted science and the still-unexplained events in life within their work and research.

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CHAD WILSON

A freelance writer, Chad is co-creator and publisher of *Paranormal Underground* magazine and co-producer of *Paranormal Underground Radio*. His interest in the paranormal led to the creation of www.ParanormalUnderground.net.

Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, Brushy Mountain State Penitentiary, and private residences among his investigations.

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Have You Had a Paranormal Encounter You'd Like to Share?

If you've had a paranormal encounter and would like to share it with our readers, email us at paranormalunderground@live.com. Tell us about your experience, and we may publish it in a future issue.

Your submission can be anonymous!

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April 1–2
Bigfoot Days
The Ridgeline Hotel and Conference Center & Bond Park
Estes Park. CO

April 2
Spring History Haunts and Legends Event
Jefferson Visitor's Center
Jefferson, TX

April 7–10
Squatchcon
Port Angeles Wharf
Port Angeles, WA

April 8–10
Ozark Mountain UFO Conference
Best Western Inn of the Ozarks
Eureka Springs, AR

April 9
MUFON Pittsburgh Area UFO Conference
Westmoreland Community College
Youngwood, PA

April 22–23
Nebraska Bigfoot Conference
C3 Hotel and Convention Center
Hastings, NE

April 29–May 1
CrimeCon: Las Vegas
Paris and Bally's
Las Vegas, NV

April 30
Ohio Bigfoot Conference
Salt Fork State Park Lodge & Conference Center
Lore City, OH

May 7
Smoky Mountain Bigfoot Festival
Townsend Visitors Center
Townsend, TN

May 13–14
WNC Bigfoot Festival
Downtown Marion, NC
Marion, NC

May 13–15
West Coast Haunters Convention
DoubleTree by Hilton Hotel Portland
Portland, OR

May 20–22
ParaVation
Hupps Hill Visitor Center
Strasburg, VA

May 20–22
ParaPsyCon
The Ohio State Reformatory
Mansfield, OH

May 20–22
Crypticon Seattle
DoubleTree Hotel Seattle Airport
Seattle, WA

May 27–29
Sage Paracon
Belle Grove Plantation
King George, VA

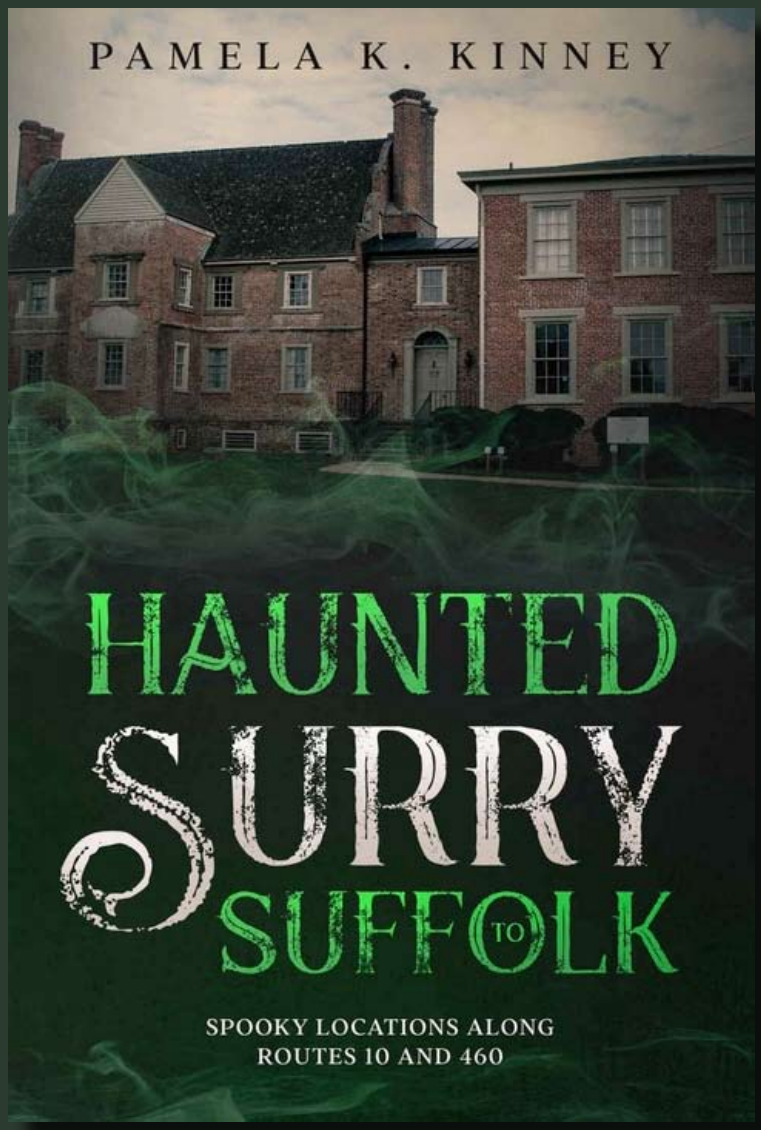
June 4
Pine Bush UFO Fair
Main Street / Side Streets / Crawford Commons Lot & Gazebo Area
Pine Bush, NY

June 10–12
Forest County Bigfoot Festival
Town Circle
Marienville, PA

June 10–12
Living Dead Weekend
Monroeville Mall
Monroeville, PA

E-mail your paranormal event to paranormalunderground@live.com.◆

No matter which road you take to visit the towns and countryside along Routes 10 and 460 in Southeastern Virginia, the phantoms can't wait to SCARE you a good time!



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Haunted Pet Shop, Taiwan Lake Monster & UFO Over Hawaii

By Morgan Lineberry

Haunted Pet Shop

I've heard of a lot of haunted places — hotels, morgues, castles, pubs. But this one is new to me: A haunted pet shop.

Purdy's Pet Shop owner Rebecca Harrington recently needed the assistance of ghost hunters, according to Samantha Berlin of *Newsweek*. Those in the store, which is located in Coventry, England, had experienced many strange events, including dog treats and a cat toy falling off a shelf at two separate times and a vacuum that was broken turning on by itself and then refusing to turn off.

The ghost hunting team investigated and performed a séance, eventually determining that the "shop was haunted by the spirit of a man who used to reside in the building and was annoyed by the staff's presence," according to the report. Now curious customers are stopping by in hopes of glimpsing something spooky, which probably means a spike in business as well.

Taiwan Lake Monster?

Nessie might be the name that pops into our heads when we think of lake monsters, but recent footage seems to prove that she is not alone. A paddle board instructor in Taiwan captured something unexpected on film recently, according to Tim Binnall of *Coast to Coast AM*.

Lai Yongli was teaching a group of tourists at Sun Moon Lake when he "noticed that something seemingly out of the ordinary had emerged from the depths of the water and was lurking near the surface." The creature turned out to be a giant fish measuring about six-and-a-half feet long. The video is undeniably astonishing and better than any Nessie footage to date.

Yongli posted the footage to social media, and it has since gone viral and been covered on many news stations. Could this be a new or supposedly extinct creature?

UFO Hovers Over Hawaii

Photo: Connie Pappas

On February 14, a floating, bright white orb paid Kauai, Hawaii, a Valentine's Day visit. The U.S. military said it scrambled fighter jets to investigate the sighting, according to a news story published by *American Military News*.

While some are saying that the UFO is an unmanned balloon, many witnesses reported that it "appeared to be stationary." And some even heard loud booms while it was in the sky.

"Military officials said they did not fire on the object. ... They are continuing to track the orb," the report stated.

Woman Spots Ghost Swinging in Park

A woman named Charlotte was walking her dog by a Dorset, U.K., park when she spotted what she believed to be a ghost child swinging on a swing set, according to John Bett of the *Mirror*. "One of the swings was moving on its own, and

→

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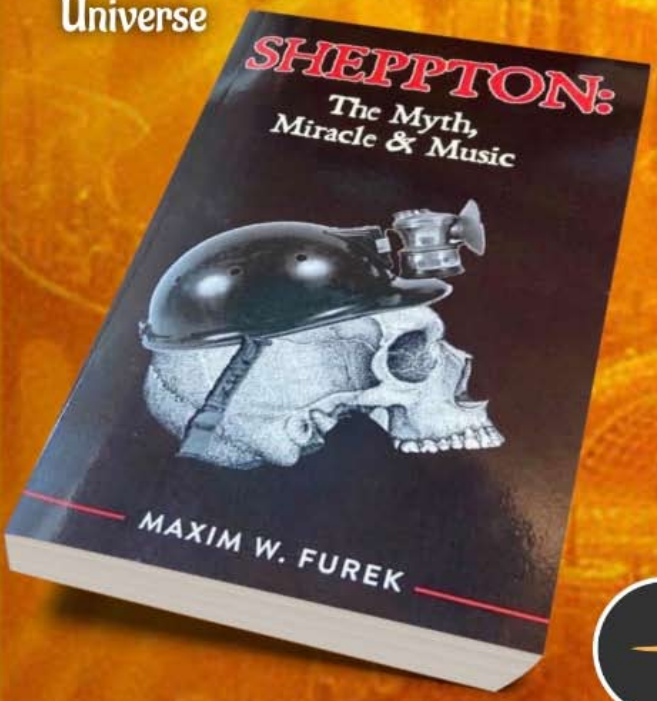

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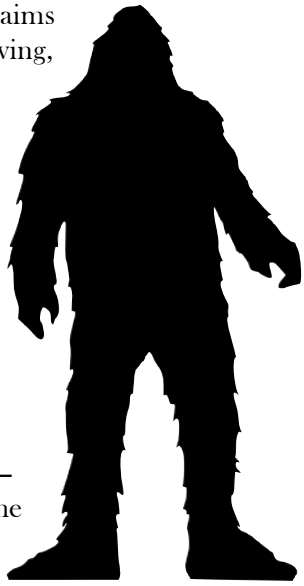
oddly there was no one around to have pushed it," the article said.

The woman, captured the spooky phenomenon on video, and it is evident that the swing isn't being moved by the wind. It does look as though someone or something is doing the swinging. Charlotte reported watching the event for "about 12–15 seconds" before deciding to film it for another 15 seconds or so.

Even after Charlotte stopped filming and was walking away, she said the swing continued to move on its own. You can watch the video here.

Yeti Hotspot Found



Yeti hunter Lee Brickley claims to know where a Yeti is living, according to a report by the *Coventry Telegraph*. Brickley reportedly spotted a giant footprint and claw marks in Cannock Chase, Staffordshire in the U.K.

He is "convinced it has come from Bigfoot" after receiving an anonymous tip about activity in that location.

The footprint is almost twice the size of a man's size eight shoe — much too big to be a bear print. The claw marks were on a tree near a mutilated deer. "It looked as though something had bitten and then ripped out its throat before eating from the torso," Brickley explained.

Yetis have been spotted in the area since the 1800s, so it's totally possible that this is a Yeti hotspot.

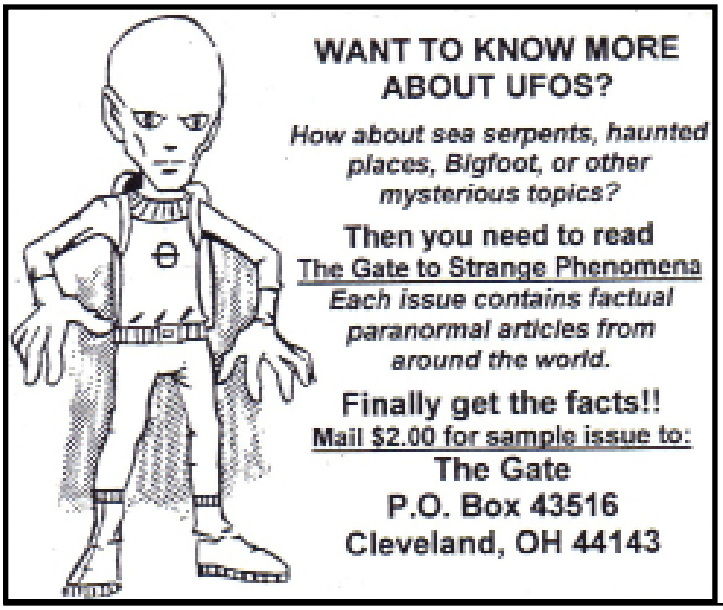
UFO Researcher Asks Presidential Library for UFO Records

UFO researcher John Greenewald, Jr. recently requested that the Barack Obama Presidential Library send him everything they had on UFOs and related phenomena, according to *HuffPost*. The response he received was not what he expected.

In a March Twitter post, Greenewald wrote: "Jackpot. The Obama Presidential Library just informed me they have approximately 3,440 pages and 26,271 electronic files that pertain to my request for #AATIP / #UFO / #UAP and #AAWSAP information. If true, I am absolutely floored the Obama Presidential library has that."

Unfortunately, Greenewald won't see most of those documents anytime soon. The library told him it would take about 16 years for the library to get him all of the documents. Of course, he's calling "on lawmakers to help expedite the request." It seems he'll have a long wait before he can see what mysteries and answers the documents reveal.

Share your paranormal news by emailing us at paranormalunderground@live.com. ◆



A tale of a young lady named Rae, who has the unique ability to see between worlds, and interact with the 'imaginary'...

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'SCREAM: THE TRUE STORY'

DOCUMENTARY ABOUT MURDERS THAT INSPIRED THE 'SCREAM' MOVIE FRANCHISE HITS DISCOVERY+

By Jena Brown, The Lineup

Image: Discovery+

In the early 1990s, horror movies were struggling. Filmmakers tried to recreate the fun and shocking plots that made slasher films popular in the 1970s and '80s, but instead the movies they produced were derivative and bland. To make things worse, thrillers like *Silence of the Lambs*, with smart plots and fast-paced momentum, were adding horror elements, making standard horror films less desirable to audiences.

When Wes Craven released *Scream* in 1996, he single-handedly revitalized and redefined slasher films for an entire generation. Fans of the incredibly successful franchise already know the original screenplay was inspired by a series of murders that began in Shreveport, Louisiana, and ended in Gainesville, Florida. Danny Rolling, also known as "The Gainesville Ripper," claimed that a demon named "Gemini" possessed him and made him commit the crimes. As part of their new Shock Doc series, Discovery+ is peeling back the layers of Rolling's story in *Scream: The True Story*.

The documentary follows paranormal investigator Steve Shippy and psychic medium Cindy Kaza as they attempt to reach out to Rolling's spirit and the malignant entity Rolling claimed overtook him. They try to establish contact at the campground Rolling stayed at while stalking his victims in Gainesville and in his Louisiana childhood home, where the current homeowners claim they've been haunted by intense poltergeist activity. Through archive media files and in-depth interviews with experts and other individuals connected to the case, they search for the truth behind Rolling's paranormal claims.

Outside of simply investigating the claim that he was possessed by a demon, Shippy and Kaza explore whether it's possible that this malignant entity has been tormenting the Rolling family for generations. Rolling's father was

violently abusive, and his grandfather allegedly severed his grandmother's head at the dinner table with a butcher knife. While the questions they raise touch on the age-old nature-versus-nurture debate when it comes to murderers, their main focus is to determine whether Rolling was suffering from a family curse or generational possession. They even bring in a noted demonologist to conduct an exorcism and confront the potential evil entity.

Though Rolling eventually confessed to the crimes, he wasn't initially arrested for murder. He was serving time for a series of robberies after a high-speed chase following a botched robbery in central Florida. One of the detectives in the Gainesville murders noticed several similarities between the string of murders in Shreveport and Gainesville, leading them to request DNA records from prisoners incarcerated in both areas. This led them to DNA evidence linking Rolling to the murders, and he was charged with the Gainesville murders in November 1991.

It took an additional four years before his trial began. Initially, he claimed he had committed the murders to gain infamous notoriety in the same way Ted Bundy did. He was diagnosed with antisocial personality disorder, borderline personality disorder, and paraphilia, but multiple psychiatrists testified that Rolling was aware of what he was doing during the crimes. In the middle of jury selection, Rolling pleaded guilty to all charges, leading to him being sentenced to death in on April 20, 1994. He was executed by lethal injection on October 25, 2006, at Florida State Prison.

The 'Scream' movie franchise was based on real-life murders across multiple states.

It was during a 1994 television special detailing Rolling and his crimes that screenwriter Kevin Williamson got the idea to write a screenplay capturing the panic and hysteria a mass murder incited on a college campus. The story eventually changed into high school students, but the core elements of that original screenplay stayed.

Rather than incorporating the paranormal elements of the Rolling case, *Scream* stayed away from the easy horror storytelling and turned horror tropes on their head by whole-heartedly embracing them instead. The characters in the *Scream* movie franchise know about horror movies and talk about them throughout the movie, even going so far as to give us the rules of horror while blatantly breaking them. It uses our assumptions against us, giving the genre new rules to start playing with. The *Scream* franchise launched five films, a television series, merchandise, spin-offs, and games. ◆

Growing Up in a Haunted House

Investigator & Psychic Medium Sharon Day Weighs In

By Maria Anna van Driel, The Next Truth

Universally, human beings believe in various kinds of afterlife. Some believe that the disembodied soul has an existence and sometimes even a palpable, or visible, form. But, what are these apparitions really? Are they revenant spirits? Are they the result of telepathy? Are they produced by some kind of mass hallucination or self-hypnosis?

Ghost stories are equally eerie and fun, especially on Halloween. But some people experience the afterlife a bit more intensely than others do, and they don't have to wait for Halloween or to watch a horror movie.

Sharon Day is an award-winning author and psychic medium who grew up in a 250-year-old haunted house in the Aspen Grove neighborhood in Fairfax, Virginia. At a very young age, she used a metal detector to dig up artifacts around her property. Upon doing so, she learned that she had an amazing psychic skill, called psychometry. Holding the items she found, she would excitedly and in great detail tell her mother about the person who had the object and used it a long ago.

"My mother would smile and hold the found object and ask me to put it in the showcase. Deflated, I'd clean it up and display it but wonder why mother didn't seem to sense all these things about the object that I did," Sharon said.

Award-winning author, psychic medium, and paranormal investigator Sharon Day grew up in a 250-year-old haunted house.

After growing up in a haunted house, Sharon spent a lifetime questioning the nature of hauntings and other paranormal phenomena. Currently, she is the creator and writer of *D.A.R.C.*, a sci-fi thriller streaming TV series that is in pre-production. She is also the author of *Growing Up With Ghosts*, *Creepiest Unexplained Mysteries*, and many other books, and she also runs the *Ghost Hunting Theories* blog.

I recently spoke with Sharon about what it was like growing up in a haunted house, her psychic abilities, and her work in the paranormal field.

* * * * *

Q: Please tell us about yourself.

Sharon: I am a publicist, author, blogger, and screenwriter of an upcoming sci-fi thriller streaming series, called "D.A.R.C.," that is coming to pre-production soon.

I am a curious person who has never followed crowd thinking and common narratives about the nature of our universe and the phenomenon we witness. And so, fearlessly, I chase after Bigfoot and UFO sightings, visit haunted locations, and dig around for ancient giant evidence. I am thrilled by the pursuit of information and archiving research.

Being an open and upbeat person, I live to share information on my blog, Ghost Hunting Theories, so people can chase their own information and draw their own conclusions. My goal is to let all valid concepts blossom.

Q: Can you tell us a little about growing up with the energies of those roaming the afterlife?

Having grown up in a haunted historic Civil War home in Fairfax, Virginia, Sharon believed the paranormal was, in fact, quite normal.

Sharon: I was born into a haunted home. That experience meant that I had no preconceived notions of hauntings. To me, it was a part of the natural world, like gravity pulling me down to Earth when I jumped off my bed. So, growing up in a very haunted historic Civil War hospital catapulted an ordinary child into becoming a psychic.

These energies within the home and on the property were a part of falling in love with the estate. Its mood fluctuations were, to me, similar to dealing with a human. It was familiar, and I learned to read the energy's moods early on and provide compassion and understanding. In a way, a haunted location can be a personality.

Often times, I'd curiously observe the ghostly activity and ponder why it was doing what it was, when it was. The randomness and timing compared to what was happening among the living people in the home seemed to correlate. When someone new came into the home or someone left, it seemed as if the house reacted.

Built atop a spring in the 1750s, Aspen Grove was destined to be an ideal haunting vessel with quartz in the ground and water running throughout the property. During the Civil War, it was taken over by the North to use as a field hospital, pushing out the Quaker family who lived there. The Quakers had left behind a hidden room behind the fireplaces used as an underground railroad. The North erected a fort on the property, and it saw much fighting activity. The South eventually took it over and used it as a field hospital as well. Both sides left their blood stains on the wood floors.

"Built atop a spring in the 1750s, Aspen Grove was destined to be an ideal haunting vessel."

Occasionally, at 1 a.m., we would all awaken to what sounded like artillery fire shaking the entire house. Father would leave us five kids and mom upstairs and go investigate below. He was baffled by what was causing it. One

Sharon is the author of *Growing Up With Ghosts, Creepiest Unexplained Mysteries, Vacationing With Ghosts,* and many other books.

time, he went into the basement and as he stood there, he saw a disfigured young man who dissolved into the air. This ghost was standing in front of a part of the wall that had water seeping from it. He went over and touched the wall and felt something round. He tapped with his screwdriver and heard the ping of metal. The next day, he exposed a cannonball that had been shot into the wall when the house didn't have a porch. The basement wall was above ground. He patched it up so water wouldn't leak around it, and then the boom stopped.

I was destined to become an investigator.

Q: How did the people react to you having psychic abilities?

Sharon: The kids in school were afraid of our scary house on the hill. They lived in the tract housing in the area and saw the TV shows and read the newspapers and magazines highlighting the ghosts. One night, I took my dad's recorder and decided to capture the sound of the booted feet going up the stairs, which happened almost nightly. I sat on a step in the center of the stairwell and waited. When the steps began, I turned on the recorder and waited patiently until a booted step reached the step I was on. And, it stopped. Never had I heard the steps stop. It knew I was there. Somehow, it was recognizing something different in the environment. I held my breath and waited. I willed it to continue on, and it did.

In school, the kids laughed at the recording, saying I had put on my father's boots and walked the stairs. I learned early on that I can't prove ghosts to others as an investigator, but I can observe and archive, look for instigators and alleviators, and come up with theories. At the tender age of 10, I decided I needed to figure out this phenomenon.

Eventually, in 2008, I started the "Ghost Hunting Theories" blog because, at this point, I had many questions about traditional thoughts on ghosts. I had my own take from experience and intuitive insights. I had witnessed a Bigfoot in the Sierras in 1985 and had rare but interesting contact with alien greys. I had seen UFOs and shadow people. I believe that being an intuitive and an artist, I tend to not assume what's before me, but look at it with a new eye. That's why I seem to know when and where to encounter such things and to recognize them when they are there.

Q: When did you first realize that you possessed psychic skills?

Sharon: I honestly didn't know I was psychic until my twenties. To me, psychics were tarot card readers or people who know the future.

"I didn't realize that others didn't get information from touching things like I did."

Once, a friend loaned me a leather coat, and as I put it on, I started asking her questions about her boyfriend and what he did last weekend and went into detail about where he was and who he was with. She stepped back. "How do you know this?" I told her I had no idea. I put my hands into the pockets and produced a stub from a concert he had gone to that I just mentioned. I had no idea the band was in town or that he had gone. She was amazed. "You're psychic!"

I didn't realize that others didn't get information from touching things like I did. They seemed to only feel temperature, weight, texture. They didn't get the "other stuff."

Growing up in a haunted house led Sharon to "observe the ghostly activity and ponder why it was doing what it was, when it was."

My friend encouraged me to attend some of her single's meetups and then had people pile their jewelry up on the table. I took the stranger's items and held them, telling details about their lives that made people back off. The reaction was not a good one for them or me. How did I know this stuff? It scared me. So, I walked away from it.

My husband at the time didn't believe in these things, but he had witnessed me do a read on someone at a party and he couldn't explain how I knew what I did. He told me to not speak of it and just please don't let others know about it. He was afraid of embarrassment. So, I tucked it down until I realized I had skills in other areas of psychic readings. I had premonition nightmares about plane crashes, helicopter crashes, drownings, tsunamis, and they always occurred within 12 hours. Eventually, I came to realize that I was there to witness an event and archive it.

I tested myself in other ways as well. For instance, when the news was talking about a serial killer, I would hone in on their viewpoint, take notes, keep diaries of what I picked up about them. Later, when the person was captured, I would be floored by how much I knew about them. I would have liked to work with the police, but I had no public reputation as a psychic.

Another way I tested myself was by visiting IONS online psychic testing site and more often than not was in the top 10 or event #1. One year, they reported results, and I had ranked #14 in the world.

Q: What influenced you to start writing blogs about the paranormal?

Sharon: I began defying my husband's directive to quit chasing the unknown and began doing some private investigations of hauntings in the early 2000s. I was already on a road to reclaim the genuine me and leave the marriage.

→

Sharon describes her *Ghost Hunting Theories* blog as "for the odd folk, paranormal theories, horror, humor; a real mind carnival."

In 2008, I had my Achilles tendon reattached and couldn't walk for four months. I'm not a person who can lie around and not be helpful. I cried a lot. My son came to me and said, "Mom, why don't you start a blog?" I knew nothing of blogs or the Internet, but the idea of maybe reaching out remotely to others who are questioning the unexplained sounded like a great diversion.

I took up blogging very quickly and surprised myself, building up a huge readership pretty quickly in a time when ghost hunting was popular on TV. It was thrilling for me to be able to talk about it finally and have like-minded folks respond.

Q: Several of your articles discuss shadow people. What are your theories about shadow people?

Sharon: I've not only witnessed shadow people, but have interviewed many people who have had encounters. The things we do know are that they show up with a human form that is pure black and no details. They startle when they realize you see them, and they then disappear.

Theories abound about us seeing more of them in modern times because of the use of fast-refreshing computer screens. Our vision is getting honed in a way that allows us to visualize a spectrum we hadn't often tapped into before. My own thoughts revolve around the featureless blackness of the figure and the common name "shadow people." Here I am, a three-dimensional form, but when the sunlight hits me, I create a two-dimensional shadow. If I were hiding from someone and they found my shadow, they would know I am there and would look up to see me.

If I were a higher dimensional being, instead of a two-dimensional shadow, I might cast a three-dimensional shadow. If someone sees that shadow and looks up, they will recognize you are there and run.

I am not certain what to say about what creates the shadow, whether it's radiation or photons or some form of energy from their world, but it's intriguing because it means we are sharing space.

Q: The Skinwalker Ranch, crop circles, Bigfoot … many say that these topics fall in the context of "woo-woo stuff" and "pseudoscience." Why do you think people call it nonsense? And, what is your personal thoughts on these types of paranormal events?

Sharon: People have trouble accepting what isn't in their paradigm. For instance, if I am working with someone who has a haunted home, I have to consider their spiritual nature. If someone is a Catholic, they have belief in things like possession, demons, and the like. Their explanation when things happen will refer to such concepts. But, if I have a homeowner who is Buddhist, throwing holy water at his dwelling is going to do nothing.

"Our vision is getting honed in a way that allows us to visualize a spectrum we hadn't often tapped into before."

So, when it comes to things of a paranormal nature, most people are content knowing their universe as it was presented by observation and education. Like at a museum when you see a display and there's a narrative on the plaque beside it telling you what you see; we read it, look at the display, nod our heads, and walk on by. We

figure we know it all. If you talk about subjects like ancient giants, Bigfoot, alien abduction, and the like, it disrupts their educational narrative. If they haven't seen it and science hasn't recognized it, it doesn't exist.

At some point, we as a people have to accept our knowledge is an unfolding process, not a static, closed debate.

Q: Which research method do you use/follow in order to find the information needed to write your articles?

Sharon: As a researcher, I work in the field, as well as working with some amazing researchers, who bring to the table much evidence from their own field work. These opportunities arise because I give complete privacy to those who do not want to share with the public, anonymity if they want to share but don't want to be named, or promotion if they have books and sites.

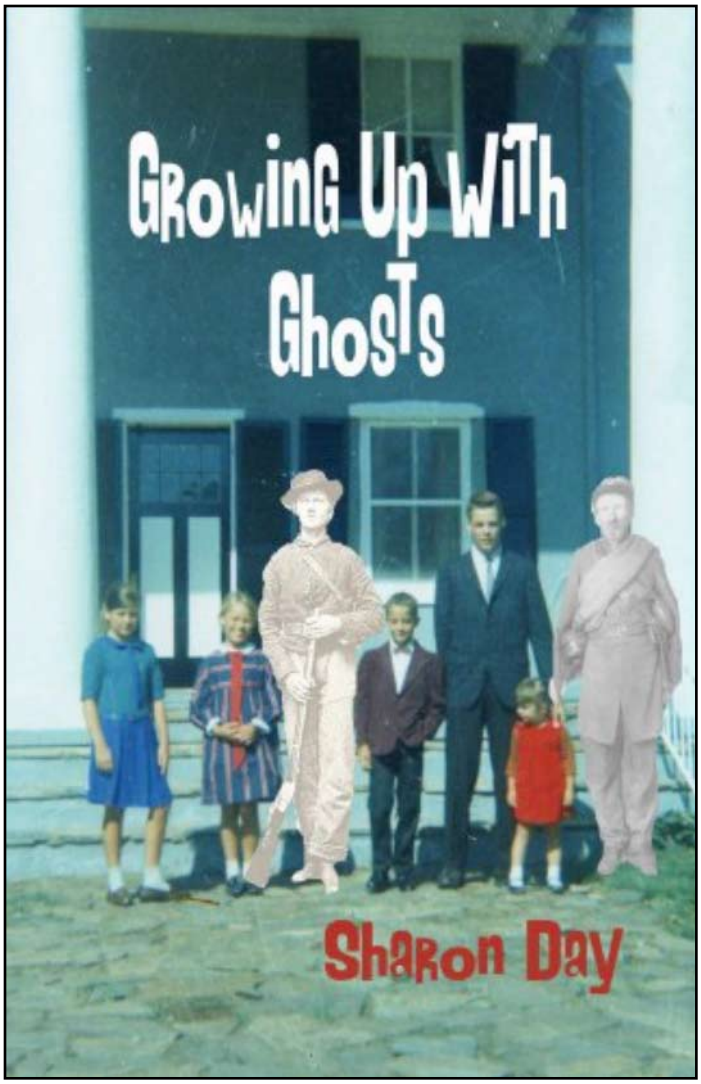
My reputation is such that I am often called on for advice and input. I have many researchers in the field who call me while they're in the field and ask how to gather evidence or what they should do. I coordinate many expeditions, planning them to every detail and bringing the appropriate people together.

I also am an avid reader of research done by others from Academia.edu, university papers, and peer-reviewed magazines. I am willing to talk to anyone and have more knowledge to develop my conclusions. I tell people this all the time, but you can't shape evidence to support your belief. For instance, I know a lot of people in ancient giant research who are hell-bent on proving that all their evidence leads to the conclusion that giants were the biblical Nephilim. They entered their research wanting to prove their belief. Beliefs should be formed by the evidence.

Q: What are the pros and cons of being a psychic medium in 2022?

Sharon: When I was growing up, it was easy to build up my psychic skills because I lived on a big estate where I wasn't distracted by peers, fitting in, and social constructs. I wandered nature, observed things, and digested the world — not in relation to peers, but to the Universe.

Today, with all that the world has been through, I am seeing people tucking back into their homes, their families, the quiet life, wanting less, wanting simplicity, seeking to leave bad jobs and high stresses. This is creating a perfect milieu for people who never saw themselves as psychic to become intuitive, coming from a relationship with self and gut. This is a super pro!



Sharon's book *Growing Up With Ghosts* "shares the unsettling accounts of her and her family's experiences at the 250-year-old house they called home in Northern Virginia. The actively haunted estate had been used as a field hospital during the Civil War and left a lingering residue of haunting activity, apparitions, voices, object movement, and more."

A con of being psychic in 2022 is knowing that more people around me are suffering and dying, and I can feel the population's overall depression and anxiety. I see it as a transformative time, like when my parents went through the Depression Era and WWII and then had enormous prosperity and happiness. We learn. We grow. We can only do this by going through. As they say, "Everything you want is on the other side of fear."

Q: How would you explain the unexplained?

Sharon: I've spent almost 14 years trying to explain the unexplained, and it always comes back to the same example: During the Black Plague people didn't understand

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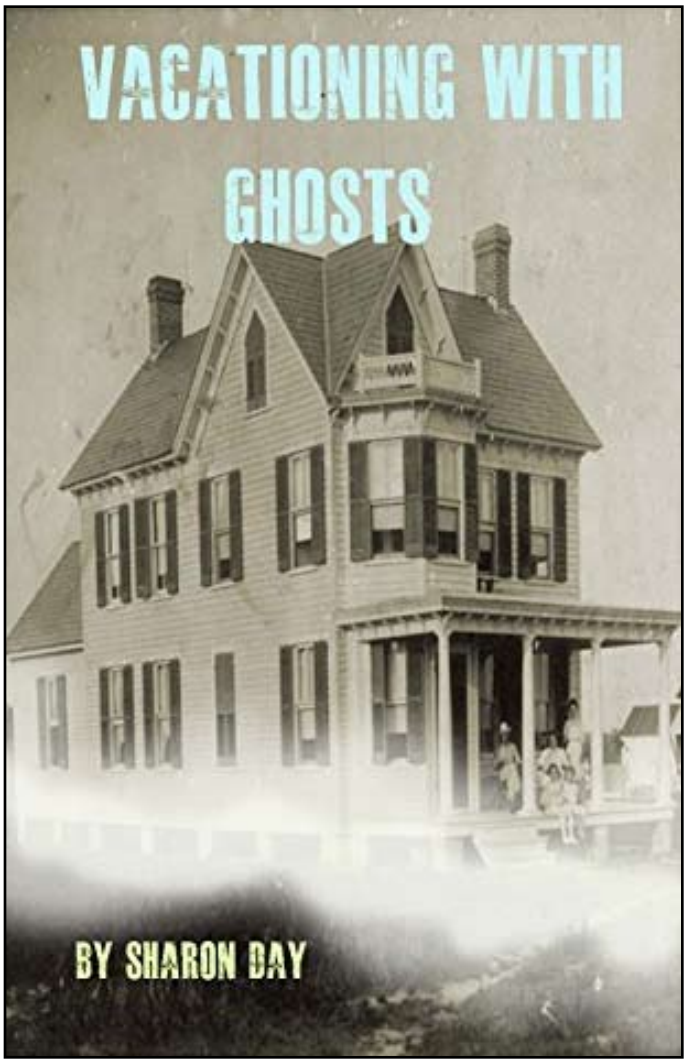

Sharon's book *Vacationing With Ghosts* details her childhood summer home and the haunted local area "told from the point of view of the author as a psychic child in the 1960s and 1970s. From stories of pirate ghosts and blue orbs of floating lights in the graveyard to the lonely female ghost screaming on The Bay, Sharon transports the reader with her to dark and misty inlets, unsolved mysteries, quirks of nature, and other realms."

why everyone was getting sick and dying. Some thought it might be because of lack of soul or prayer; others believed it had to do with the day they were born. What they lacked was knowledge of the microscopic world.

Later, when we were able to observe bacteria under a microscope, we learned what the killer was. It was something so tiny that we couldn't see it with our eyes, but it was able to kill us. The unexplained is like that.

We don't have the means yet to figure out why these things come and go and show themselves around us, but some day we will have that knowledge of the source. It is likely something on a quantum level. The example of quantum entanglement is a great comparison. Two particles that are separated are sent far apart. What happens to one simultaneously happens to the other at the same exact time. How is this alchemy possible?

It is in that realm that we will find our answers. We've approached the paranormal as a spiritual concept. Yes, the spiritual is in that realm, but it does not make up that realm. Spiritual is not an answer to the question of how the unexplained occurs. Science is. And it makes up every energy, every process, every universe, and even Heaven, as the transfer of energy from body to spirit is a process.

Q: Do you have any additional advice for young people and fresh students who like to explore the paranormal?

Sharon: For young people curious about the unexplained, my best advice is to know why you seek the knowledge.

When I began blogging about it and researching, my goal was not to get a television show (I've been asked many times and always turned down), because the obvious conclusion for investigating isn't that you end up touring and promoting a show and being edited down to stupidity and taken away from real field work. That's not the "Aha I've made it!" measure.

"For young people curious about the unexplained, my best advice is to know why you seek the knowledge."

Do you want to prove to others such things exist? You will be chasing your tail because belief systems are hard to break through. Do you chase it because you like thrilling, spooky situations? Then perhaps you don't need to investigate but consider something like urban exploration — visiting and documenting abandoned sites. Did you have an experience you couldn't explain and you wish to find an answer? That's a very honest and good motivator.

How you investigate always has to do with what your goal is. Fame? Insight? Discovery? Recognition? Experimentation? Thrill? Hobby or pastime?

* * * * *

To find out more about Sharon Day, visit ghosthuntingtheories.com, facebook.com/sharon.day.10, and youtube.com/c/sharondaylifearchivist. ◆

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The Curious Case of Ryan Hammons' PAST-LIFE MEMORIES

By Emma Dunlop-Walters, All Things Paranormal

Have we been here before? This is a question that a lot of people have, and it's one that divides opinions. Some believe that we only have one turn on this Earth and that is it, whereas others believe there is a life before birth and an afterlife.

The most compelling evidence for past lives is the accounts of young children who recall things from a previous life that they couldn't have possibly known about.

One compelling case of past-life memories centers on Ryan Hammons. At the age of four, he told his mother he used to be someone else. Whenever he would see the famous Hollywood sign, he would get excited and shout that he lived there, that Hollywood was his home before he was Ryan Hammons.

He recalled details about his career as a Hollywood agent and spoke of how he used to dance on Broadway. When he drew pictures of his family, he drew the family he had in a previous life, his parents and the other version of him — though he couldn't recall his name.

His mother Cyndi started documenting the comments Ryan made about his past life. Then, one day, she brought a book on Hollywood. She showed it to Ryan, who started pointing out people he knew and telling stories about how they had worked together.

Even though Ryan couldn't remember his previous name, he pointed out actors and told stories about them in perfect detail. When he saw the Hollywood sign, he cried and begged his mother to take him back home.

Ryan's descriptions and details helped Cyndi work out that he was Marty Martyn, a dancer and Hollywood agent who had died in 1964. Ryan's claims were verified by Dr. Jim Tucker, a child psychologist who has written books about children and past lives, and Martyn's daughter.

Ryan Hammons (pictured, center) with his mother and *Return to Life* author Dr. Jim Tucker. (Photo source: med.virginia.edu)

As Ryan grew into a teenager, while his past-life memories are fading, he still carries some traits of his past life, such as a love of old movies and 1940's music.

Dr. Tucker suggests a child is more likely to remember their past life if it ended suddenly or traumatically. But as they get older, these memories fade and they can no longer recall the specific details as they once had. ◆

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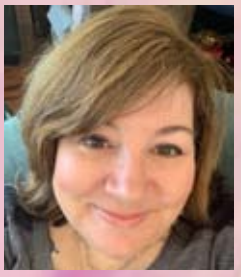

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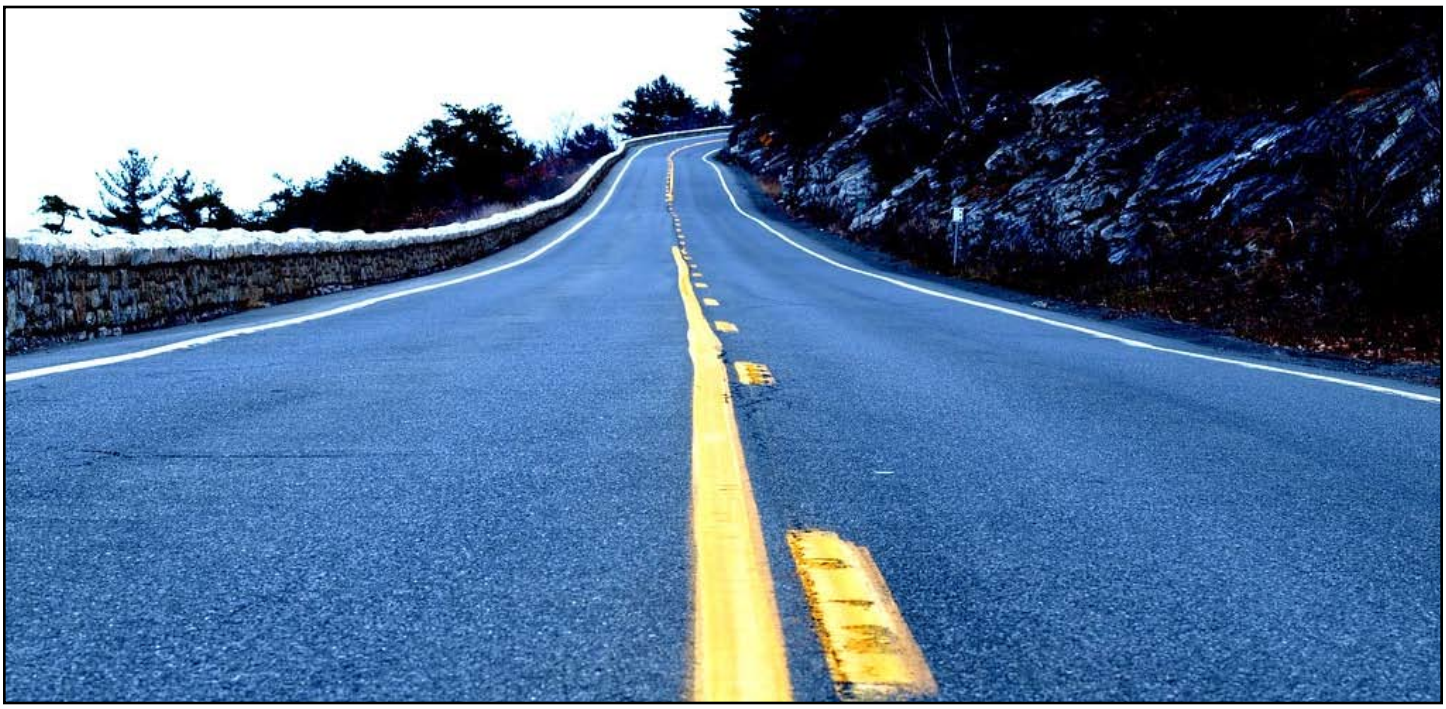
Haunted Bass Lake Road



By Paul Dale Roberts, Halo Paranormal Investigations

Three ghosts are known to haunt Bass Lake Road and Bass Lake Recreation Area in California, including the Lady in the White Nightgown, the Bass Lake Road Old Man, and the Hide and Seek Shadow Man.

Many people have reported seeing the Lady in the White Nightgown and the Bass Lake Road Old Man. The Lady in the White Nightgown has been seen near the reservoir at the bend. When water flows over the road, visitors report seeing a girl in white standing on the street.

As for sightings of the Bass Lake Road Old Man, there is a bench built on the side of the road dedicated to the old man. He died years ago, but sometimes passersby see him sitting on the bench. Witnesses report that it looks like he is mouthing the word "help."

History of Bass Lake Recreation Area

Bass Lake is located off of Bass Lake Road north of Highway 50. Bass Lake was formerly known as American Reservoir and was an important part of the gold rush era flume/ditch systems in El Dorado County. Water was brought to the American Reservoir (Bass Lake) by a series of flumes/ditches to be used as a water resource for gold mining.

From the mid-1850s to the late-1930s, American Reservoir was owned by several different water companies that controlled the flumes. In 1938, James Nichol purchased the property to open Bass Lake Resort, a

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The ghost of the Lady in the White Nightgown has been seen emerging from Bass Lake in California.

local destination for recreation. In 1955, the family of Nichol sold the property to the Jannke family.

In 1962, the first references to Bass Lake Dam appear in the State of California Department of Water Resources records. Then, in 1969, El Dorado Irrigation District purchased the property and has owned the property since that time, according to eldoradohillscsd.org.

Paranormal Encounters on Bass Lake Road

I used to work for the California Department of Fish and Wildlife, and I interacted with many fisherman, hunters, wardens, and various law enforcement agencies. One day, I had the pleasure of talking with four fishermen, who wish to remain anonymous. They said that while Bass Lake is now a private lake, back in 1981 they would hop the fence for some night fishing.

On one night, during a full moon, they saw a girl coming out of the lake in a white nightgown. The girl was soaking wet, and she slowly started walking toward the fishermen, who couldn't believe their eyes. But the woman, drenched in lake water, kept walking toward them. When one of the fishermen asked the girl if she needed help, she suddenly stopped walking and turned into a small, glowing blue orb. The orb then swirled around in the air and shot up into the sky. The fishermen couldn't believe what they saw, but they indeed knew they had seen a ghost.

During my own investigation of Bass Lake Road, I captured an EVP of a woman saying, "I need help." I believe the EVP came from the lady in the white nightgown, who most likely drowned in the lake.

One of the fishermen then told me that a year after seeing the woman in white, he was driving down Bass Lake Road alone on his way to the lake, when he saw an old man shuffling up the road. The old man looked at the fisherman, so he slowed down. The old man approached his car and hit his windshield with the ball of his fist. The old man looked like he was muttering something.

The fisherman jumped out of his car to confront the old man and ask him why he hit his windshield, but by the time the fisherman stepped out of his vehicle, the old man had vanished. After this experience and the experience he had with his three buddies, the fisherman decided that he would never go back to Bass Lake Road again.

The Hide and Seek Shadow Man

Another ghost or entity that seems to hang out on Bass Lake Road is the "Hide and Seek Shadow Man." In 1996, Trent Glazebrook from Bakersfield was visiting friends at Cameron Park and went up Bass Lake Road. He reported seeing a shadowy figure of a man behind some bushes. Glazebrook thought it was odd and couldn't understand why in broad daylight that he was unable to make out facial features on this shadowy figure.

As he moved up the road, he again saw the same figure, this time behind a tree looking toward him. Glazebrook was baffled at the sighting. Then, as he came to a curve on the road, he again saw the very same shadowy figure cross in front of him. During the sighting, the entity's head turned as if it was looking at Glazebrook, and again he was not able to make out any facial features. He then hightailed it out of there.

This witness says he has never experienced anything paranormal, but on that day on Bass Lake Road, he knows that he stepped into an unknown realm and experienced a frightening encounter that he will never forget. ◆

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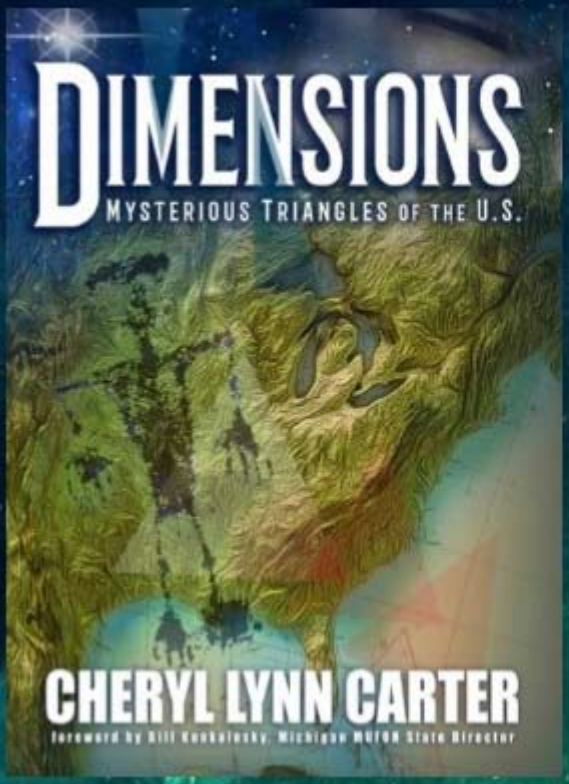

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UFO INCIDENT AT EXETER

By Cheryl Lynn Carter, cheryllynncarter.com

September 3, 1965, was an ordinary evening in the little town of Kensington. Located just about five miles south of Exeter, New Hampshire, it was rated one of the top three nicest and safest towns in the U.S.

But all that would change while the town's residents were sleeping, because that night something extraordinary was happening in the sky, something that would forever change the little town of 2,000. The event became one of the best documented and widely publicized accounts in UFO history and is known as the Incident at Exeter.

Around 2 a.m., 18-year-old Norman Muscarello had just left his girlfriend's house in Amesbury, Massachusetts. Because he had no vehicle, he was inclined to attempt to hitch a ride the eight miles back to his home. The only problem was that with it being so late, there was almost no traffic on the highway that night.

As he continued walking along Highway 150, he observed lights in the sky coming from the north and heading in a southerly direction. Then he noticed a series of five flashing lights in the nearby woods. They were so bright that they illuminated the woods and a farmhouse owned by the Dinings family.

The lights began to approach in Muscarello's direction. His survival instinct warned him to take cover, so he began to run across the road. He tripped in the process and found himself in a ditch. The lights then changed direction and hovered over the farmhouse before retreating into the woods again.

Luckily for Muscarello, a car came along. He frantically waved the vehicle down, and they stopped. He asked the driver if he would take him to the police station in Exeter, and he complied.

The Police Investigate a UFO Sighting

Upon arriving at the station around 2:24 a.m., Muscarello was relieved to see his friend Officer Reginald Toland, and he related the story to him. Officer Toland

radioed Officer Bertrand Jr., who had a similar conversation with a woman on Highway 108 just a couple hours earlier at 12:30 a.m.

He had come upon a woman visibly shaken who was sitting in her car along the side of the highway. She began to tell him how a huge object with flashing red lights had been following her for 12 miles, hovered overhead for a while, and then flew away. He didn't quite believe the story, but still sat with the woman for about 15 minutes until she felt able to drive home. Now, upon hearing a very similar account from Muscarello, he decided to drive back to the location with him to investigate.

As they walked toward the woods, they heard the sound of frantic horses kicking their stalls in a nearby corral and the dogs began howling. They observed an object

with red flashing lights, which Officer Bertrand described as being almost the size of a barn, rise up from the woods that were just beyond the corral. They watched as the object began to move closer to them in a rocking motion.

The two men ran back to the patrol car, where Officer Bertrand radioed Officer David Hunt for assistance. While they waited for his arrival, they continued to observe the mysterious craft as it hovered 100 feet away from them at an altitude of about 100 feet. The craft maintained a rocking motion while pulsating red lights flashed in rapid sequence — first from right to left 5-4-3-2-1, then left to right 1-2-3-4-5.

The object began to move closer to them in a rocking motion.

When Officer Hunt arrived at the scene, he also observed the object, until it suddenly flew over the woods and disappeared. Earlier, he had seen a B-47 fly overhead and remarked that there was no comparison between the two. The officers then returned to the station to report their findings. Upon returning, dispatch informed them that they had received six calls from people who had also witnessed the UFO.

Their report was dispatched to Pease Air Force Base, and Major David Griffin and Lieutenant Alan Brandt were sent to interview the men. Afterward, they asked them not to relay their sightings to the press. However, a reporter from the Manchester Union Leader newspaper had already interviewed them beforehand. Coincidentally, the Air Force sent the Lieutenant around Exeter to buy all the newspapers with the story.

Cover Up or Real Explanation?

Pease Air Force Base declared that there had been five B-74s in the air at the time as part of Operation Big Blast. Major Griffin sent his report to Project Blue Book, stating that despite the credibility of the witnesses, he reviewed the area and found no evidence for probable cause. The conclusion of the report stated that the UFOs were actually "aircraft from Operation Big Blast and observations of the stars and planets."

Later, the Pentagon informed the press that the men had only observed a high-altitude Strategic Air Command exercise and that, also, a "weather inversion" had taken place where a layer of cold air becomes trapped between warm layers, causing a natural phenomenon that makes stars and planets appear to twinkle.

Nonetheless, the witnesses maintained that what they observed was something not of this world. It was also discovered that the incident occurred an hour after Operation Big Blast was said to have ended, so there would not have been any B-47s in the night sky. Furthermore, in the following three weeks after the encounter, there were 60 more reported UFO sightings around Exeter.

It was the Pentagon's incomplete and poor explanation of these sightings that led Congressman Gerald Ford to convene a special congressional hearing on the Air Force's approach to UFO investigations. In addition, Dr. J. Allen Hynek from Project Blue Book concluded that this was a Close Encounter of the First Kind — observation of an object in close proximity to the witness within 500 feet.

Finally, the Air Force admitted, "Based on additional information submitted to our UFO investigator office, Wright-Patterson Air Force Base, Ohio, we have been unable to identify the object that was observed on September, 3, 1965." ◆

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Vampires of Greece

By Rick Hale, Psychical Researcher

Greece of antiquity is regarded by scholars and historians as being the birthplace of Western civilization. Philosophy, art, and democracy are three of this ancient culture's many contributions to the world.

Although many Greeks considered themselves to be motivated by intellectual pursuits, they had a complex belief system in many deities and superstitions. Among those superstitions and myths can be found hideous beings possessing an insatiable thirst for blood. And as you might expect, Greek vampires are truly terrifying.

According to lesser known Greek mythology, the people lived in terror of four monstrous vampiric beings: Empusa, Lamia, Striges, and Vrykolakas.

Empusa

What better way to start off our review than with the divinely born Empusa, a vampire born into a legacy of witchcraft. Empusa was the daughter of Hecate, goddess of magic, necromancy, and crossroads. To say that Empusa was the physical embodiment of terror would be a gross understatement.

Empusa was described as having bronze feet, razor sharp claws and possessed an unquenchable thirst for the blood of men. In her natural form, monstrous Empusa could hardly attract the attention of a man. For that, she would shapeshift into a beautiful young woman.

When she snagged a man, Empusa would change back to her natural form and suck her victim dry until they fell dead at her feet.

Lamia

Unlike Empusa who was divinely born, Lamia's origins are human and far more tragic. According to mythology, Lamia was the only child of a king. She was so beautiful that she commanded the attention of every man in the land. Men would come from all over the known world to court her favor.

With each prince, Lamia would dismiss them with a wave of her hand and a sneer. There was one person who did manage to win her affection, the king of the gods himself, Zeus.

Lamia and her divine suitor carried on a passionate love affair that produced several children. One day, Zeus' wife, Hera, discovered her husband's infidelity and went on a killing spree. Hera killed off all of Lamia's children to teach her husband and the mortal woman he loved a lesson.

Devastated by the death of her children, Lamia went mad and swore vengeance on Hera by feeding on the flesh and blood of young men. Her hatred burned so bright, it transformed her in a monstrous being. There wasn't a man alive who was safe from Lamia's blood lust.

Striges

The Striges, like Lamia, targeted young men as their preferred source of food. Striges, were described as giant black birds with a human body. Striges haunted the night sky and would swoop out of the shadows and carry off young men as they traveled down lonely roads.

The Striges target young men as their preferred source of food.

Researchers of vampiric folklore believe Striges served as the inspiration for the Romanian Strigoi, a vampire who drinks blood and spreads disease.

Vrykolakas

Rounding off this list of Greek vampires is the Vrykolakas. This undead, fiendish being is closely related to the revenant undead that plagued Slavic lands in Eastern Europe. Its name is even similar to the Vukodlak of Serbia and the Vilkolakis of Lithuania. And much like its counterparts, a person who either killed themselves or was excommunicated could become a Vrykolakas after death.

There are a couple of things that sets this Greek vampire apart from its Slavic cousins, though. First, a Vrykolakas doesn't drink blood but rather eats it's victim's liver. Secondly, they are known to wear down their victims by engaging in poltergeist activity when admitted into a home by an unwitting resident.

One Greek superstition says to never open the front door after hearing one knock. A Vrykolakas will not knock a second time, as it will become impatient and move on to another victim. This may be the origin of the myth that a vampire must be properly admitted by the master of a house.

In Homer's epic tale the *Odyssey*, his hero, Odysseus, travels to the gates of Hades to enter the underworld. When he gets there, the shades, or ghosts, will not talk to him unless he sacrifices a black lamb. The shade's thirst for blood will only be satisfied by a black lamb. It would seem the Greeks didn't just give us Western civilization. They gave us the undead as well. ◆

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The House on Oak Avenue

By T Stokes, tstokes.co.uk

Annette had just had her 30th birthday, and her family was nagging her to find a boyfriend and get married. They kept telling her that she was getting on in years. But Annette saw herself as very plain and a little plump. Plus, she was terribly shy.

She would bicycle to the shops and always take the long route. Her heart would beat faster as she cycled along Oak Avenue, as Allan would be outside working on his motorbike. He would always wave and give a smile, and Annette was captivated by his lovely bright blue eyes. She kept promising herself that one day she would stop and ask him out on a date.

But Allan was 10 years younger, solid gorgeous, and a friend of her little brother. But, one day, she promised herself that she really would stop and chat.

Annette worked in a large hotel on the seafront and lived at the end of Eight Mile Drive. Each morning as she got ready for work, she would hear Allan on his high-powered motorbike roar down the eight long miles of straight road at very high speeds. At times, she would even see his brightly colored crash helmet flash by — it was one of those all-encompassing helmets that went down to the shoulders.

Allan worked at a garage in town, and Annette would pass by going to work hoping to get a quick glimpse of him working.

An Unexpected Tragedy

One totally normal day, Annette heard Allan roar past, changing up the gears as he sped down the Eight Mile Drive at top speed.

This day, she looked in the mirror before heading out and decided today she would pluck up all her courage and stop off at the garage to ask Allan out. If he said no, so what. It was not the end of the world, she thought.

Allan's spirit haunted the house on Oak Avenue after his tragic death. He just wanted to be around the person he loved.

Packing her raincoat in the cycle basket, she set off for work. Proceeding down the long eight miles, she saw the flashing lights of an ambulance and police car in the distance. Very curious, she sped up, anxious to know what had happened.

On arriving, she was told by a policeman that a little delivery van had pulled out of the small turning almost at the end of the road and a motorcycle, traveling at great speed, had almost cut the van in half. Recognizing the color of the bike wedged deep into the van, her heart sank. She asked if the motorcycle rider was OK.

"Don't be silly," said the policeman, walking back to the scene.

She did not know how long she stood there for, but collecting her thoughts she headed to work.

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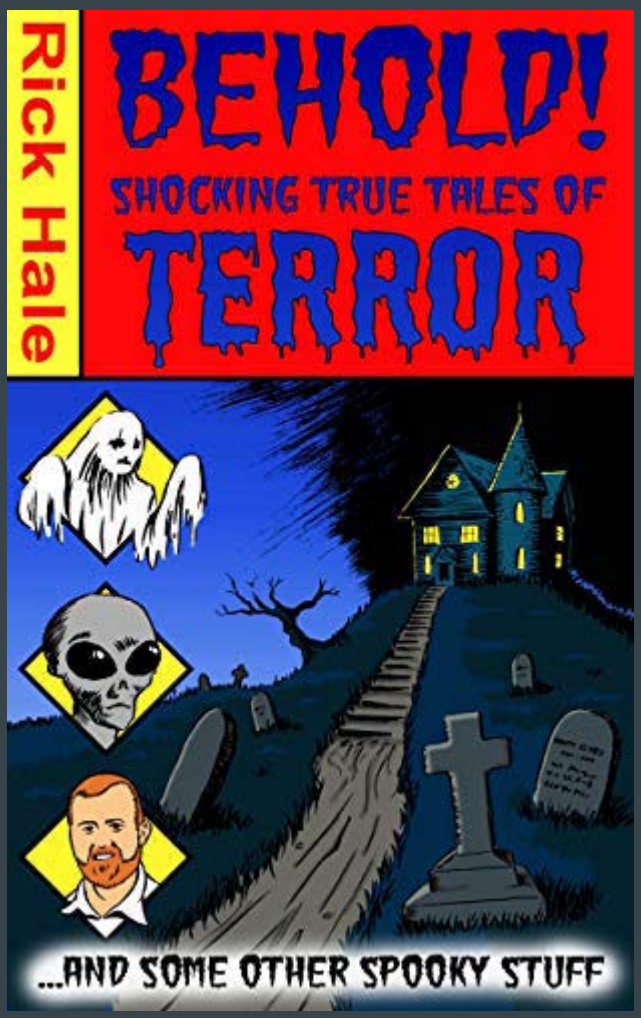

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A Gruesome Discovery

She made it about 50 yards down the road when she saw Allan's brightly painted crash helmet on the grass. She decided to pick up the helmet as a memento to remember him by. But, as she tried picking it up, it seemed unduly heavy. She slide up the sun visor and was shocked to see Allan's head still inside it — his lovely bright blue eyes looking back at her. She let out a quiet scream and dropped the helmet back on the grass.

She remembers nothing from that point on — just the hotel supervisor taking her home in the car.

Very tearfully, she told her little brother of the death of his friend. It was then her brother told her that Allan had a bit of a thing for her. This upset her even more. If only she had known.

That night, unable to sleep, she walked to Allan's house on Oak Avenue. She desperately wanted to knock on his door. But standing on the step, she suddenly took fright and ran home.

It was shortly after this when the very vivid dreams started. She would imagine Allan was in her room at night sitting on her bed and smiling. Then things began getting moved in the room, and there were continual knocks and bangs around the room.

Annette had been to the doctor to talk about the effects of the crash on her. He gave her some anti-depressants and showed her the door.

This was when I was called in to help. The family was quite religious and said the dreams and happenings at night in her room were causing them great distress and had to be stopped.

Helping Allan's Spirit Move On

I asked the family to wait downstairs while I sat in Annette's bedroom with her and called on Allan's spirit to please come. We felt a disturbance in the air, and I told Annette to tell Allan of her feelings both for him and how she felt about the loss.

She cried and told Allan of her feelings, and she also told him she was scared of the nightly paranormal events and bad dreams.

I let Annette know that Allan would never hurt her. He just wanted to be close. I told her that because they both loved each other, it would be wrong to send him away. Annette said that if Allan agreed to stop moving things, his spirit could stay.

That week, things eased and Annette became more relaxed. Over time, Annette became hotel manager. She still cycles to work and always looks at the house on Oak Avenue and wonders, "What if?"

Over one Christmas, one of the visitors at the hotel took a big shine to Annette, and soon there was a small summer wedding on the seashore outside.

Annette now has three small children, but she never forgot Allan. On her sideboard is still a faded photo of a young man with lovely blue eyes on a fast motorbike. ◆

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Verifying Spirit Activity in Sacramento, CA

By Paul Dale Roberts, Halo Paranormal Investigations

On October 21, 2021, our team was called out to a home in Sacramento, California, that was built on top of Indian Territory to verify paranormal activity. The homeowner, Victoria, and her roommate reported seeing spirit orbs, hearing pounding knocks late at night, and hearing disembodied voices.

Victoria had a dog, named Baby, and she thinks the spirit of the dog is still here. She also reported that a murder took place next door in 2020, where a boyfriend killed his girlfriend. Victoria and her neighbors hear a woman crying late at night, and they believe it's the spirit of the murdered woman. Victoria feels that there are a few spirits in and around her home.

A homeowner in Sacramento, California, was experiencing unexplainable knocks, disembodied cries, and other paranormal phenomena.

The Investigation

We began by conducting an EVP session in the garage. Team psychic medium Deanna had seen the ghostly dog and asked me to conduct the EVP session. We did capture an EVP of a dog barking, and there was no dog barking at the time. Victoria believes that the dog bark came from Baby, her deceased dog.

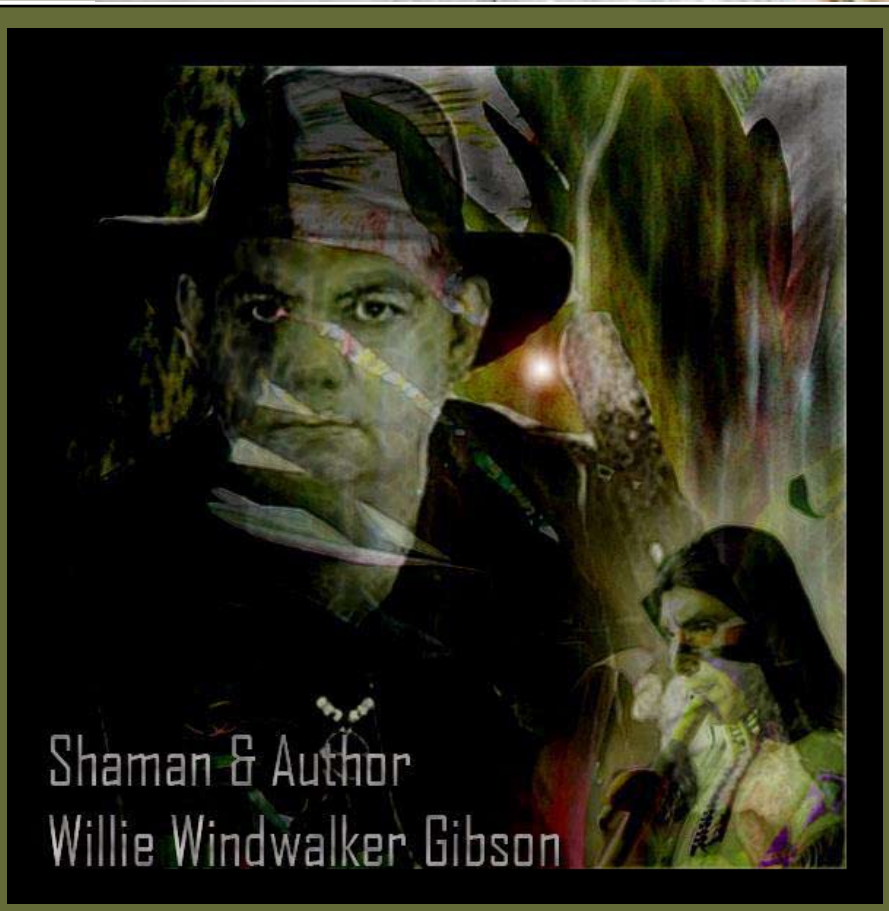
We attempted to get EVPs around the house, and when we got to the front door, Deanna detected a presence. I captured an EVP of a man saying, "I'm right here." The voice was a deep male voice. We captured this EVP right in front of Victoria, and she was shocked.

Deanna detected various ghosts, including a little boy, an old guy wearing a red shirt, the ghostly dog, and some other entities. Victoria said she had also seen these entities around her home.

A Crossroads Portal

Deanna felt that there was a crossroads portal outside of Victoria's home and this portal was created from the strong negative energy that originated from the murder next door. Deanna did see demonic creatures in the crossroads portal, including something that was tall and hairy, an entity that resembled a large moth, a tall entity, and a gargoyle-like creature. Thankfully, these entities do not bother Victoria and don't enter her home.

Victoria said she was comfortable with the spirits in her home and did not request a cleansing. Sometimes the people we help just want to know that the spirits aren't going to hurt them. They are looking for peace of mind. ◆



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Calcite Crystals in the Pineal Gland:

What Does it Mean?

By Karen Frazier, AuthorKarenFrazier.com

You pineal gland, which is located in the center of your brain, has a strong association with your third eye (sixth chakra). It is responsible for the production of melatonin, a hormone necessary for restful sleep and achieving the brainwave states associated with deep meditation, mystical experience, connection to higher realms, and psychic visions.

Many meditation techniques focus on pineal gland activation, which can help trigger and optimize the neurochemicals necessary for deep spiritual insight. But did you know that the pineal gland also contains microscopic calcite crystals? Calcite ($CaCO_3$) is a hexagonal lattice system crystal that demonstrates the piezoelectric effect. In other words, when calcite crystals are subjected to mechanical stress, they generate an electrical charge or release of light.

There is also some suggestion that the presence of calcite crystals in the pineal gland may turn it into a type of receiver that tunes into different frequencies in a manner similar to a radio receiver (crystal radios use mineral crystals such as galena). This may offer the beginnings of a scientific explanation that ties the pineal gland to receiving messages from Spirit.

In crystal healing, calcite is used to generate positive vibrations and increase vibrational frequency. Hexagonal crystals also aid in manifestation and increased awareness.

So what does it mean that you have calcite crystals in your brain? These crystals can release electrical charges to stimulate your pineal gland from within, helping with cycles of sleeping and waking and allowing you to achieve meaningful dreams and deeper connection with spirit. Activating them may also strengthen the function of your third eye as a receiver, allowing clearer communication with higher realms.

With your focus on the pineal gland during meditation, you can activate these crystals from within, raising your vibrational energy. You can also use calcite crystals during meditation, holding them in your hand or placing them nearby, to create resonance with your pineal gland.

It's no coincidence that calcite often occurs naturally in amethyst. Amethyst is another piezoelectric crystal (it's a quartz variant) that is known to stimulate better sleep and dreams and to help you connect with higher realms and mystical experience. Keeping a piece of calcite in amethyst on a bedside table or in a meditation room can help you connect with the spirit realm in meditative, dream, and sleep states.◆

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MEDITATION FOR BEGINNERS: 4 SIMPLE TECHNIQUES

By Dr. Athena Perrakis, Sage Goddess

Meditation comes in different forms, and it takes time and patience to get into the groove. Contrary to popular belief, meditation is not simply about emptying your mind, but finding a sense of calm and peace within your thoughts. It's a practice and an art form that allows you to live consciously and peacefully in the present moment.

Meditation is about practicing mindfulness while focusing on a single stimulus — like your breath or words of affirmation. You can also center yourself through hobbies or everyday activities that require you to focus and connect with your body.

Meditation doesn't have to involve sitting cross-legged on the floor and emulating Buddha or the Dalai Lama. It's about finding something that connects you to your body and calms your mind. I wrote this article to help get you started.

1. Meditate in the Shower

Start off small and "wash away" the stress from your body and mind. Close your eyes under the running water and give yourself a minute to clear your head.

Feel the pressure of the water running through your hair and down your body. Enjoy the warmth and slowly let go of your worries for a minute. Slowly open your eyes and focus on cleansing every part of your body while stimulating your senses.

Look at the patterns water makes on your skin, smell the scent of your shampoos and soaps, smooth away any tension, and listen to the sound of your shower. Remain

there for a while, and enjoy the moment before stepping out into your day or night.

2. Meditate in Nature

Go out for a hike! We're constantly stimulated by endless movies and streaming shows, social media, and political and economic stressors. Put that all away — stash your phone in your pocket or bag, and connect with Mother Nature.

Feel the breath in your body as you walk on uneven ground. Look up at the skies and trees and listen to the sounds of the birds and other animals around you. Be aware of your senses and surroundings, and once your physical awareness is enhanced, turn your attention inward.

Stash your phone in your pocket or bag, and connect with Mother Nature.

Is something keeping you from committing to the present moment? Identify your feelings. Pay attention to your thoughts and any emotions you experience — greet them as your friend, and let them fade away.

3. Meditate With Your Hands

Do you enjoy cooking? Painting? Working with your hands in any way? Then I suggest practicing mindfulness while engaging in the activity of your choice. Choose something that requires your focus and enables you to relax.

Shut everything down and withdraw into yourself and your hobby for a period of time. Don't worry about your skill level — it's about physically creating something with your hands and connecting with your mind and body without any outside distractions.

Being able to start something and finish it is powerful. Aside from the act of creation, having the physical reward helps you connect with yourself and feel settled.

4. Meditate the Old-Fashioned Way

Find a comfortable and quiet place. Since you're just beginning, set a timer for 10 minutes. Your seating position doesn't matter, just make sure you're in a stable position. Follow your breath as it goes in and out. You'll start to notice a rhythm after a few breaths.

Your mind will also inevitably wander to other places — memories, tasks, stressors, etc. This happens often! Don't judge yourself. Simply return your attention to your breath.

When you're ready, wiggle your fingers and toes while slowly opening your eyes. Notice your thoughts and emotions as you take a moment and observe the world around you.

In Closing

Meditation is important for your emotional, mental, and physical well-being. It gives you a sense of peace and balance, allowing you to manage stressors in a healthy way.

It's also fully customizable, because meditation is simply the act of practicing mindfulness and living peacefully in the present moment. Remember to be patient with yourself as you start out. ◆

Good vs. Evil:
My Thoughts on God, Prayer, and The Watchers

By Willie Windwalker Gibson

With Putin's current war in Ukraine raging on and the threat of nuclear weapons, many people have contacted me to ask if the world is ending. No one has an absolute answer to that question.

I am a shaman who does work with the Great Spirit on a daily bases. I have read the *Bible* many times, as well as some of the agnostic scripts. The *Bible* tells us there will be wars and rumors of wars, and it directs us to look to the heavens for signs.

Unfortunately, war has always been a constant throughout the world. "Looking to the heavens" of late, we've had many UFO sightings and even changing weather patterns overhead. I have often wondered if extraterrestrials hang around to observe what we do and ensure that mankind defeats evil dictators who kill the innocent. Will ETs keep nuclear destruction from happening? And are the ETs themselves good or evil?

I have been asked if I think dictators who kill people are demons or demonic. I do think there is a demonic energy going on with these types of individuals — as indicated by the look in their eyes and the way they love to inflect pain.

I've been asked what can be done to combat evil. I do believe in a higher power. I believe that God is watching what's going on in the world. I do believe that prayer is a powerful energy and has an effect on many things. I think if we all pray for good, it will overtake evil. Pray for the people fighting against evil.

And if we do have "watchers" out there, let's hope they will move soon against the evil and help purge the world of those who hurt the world and its people.◆

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